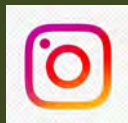


# THE WHISKEY RATION



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## **VOL. 3 INDEX**

<b>2</b>	<b>CHIEFS' CORNER</b>
<b>3</b>	<b>AN EXECUTIVE TALE</b>
<b>4-5</b>	<b>SAILORS IN THE SPOTLIGHT</b>
<b>6</b>	<b>PRIDE IN SERVICE</b>
<b>7</b>	<b>MOTIVATOR OF THE MONTH</b>
<b>8</b>	<b>CHANGE OF COMMAND</b>
<b>9</b>	<b>THE HOSPITAL CORPSMAN</b>
<b>10-11</b>	<b>WHISKEY BABIES</b>
<b>12-14</b>	<b>WHISKEY REEL</b>



# CHIEFS' CORNER



Shipmates, Family and Friends! We finally made it! We are here at the Role 3 Multinational Medical Unit (MMU) and the Sailors are already making a huge impact! This will be the 3<sup>rd</sup> edition of the “WHISKEY RATION” and we have so much to be proud of and to show you in this month’s newsletter! I continue to pray and hope that you all remain healthy, safe and well!

“**Stronger Together!**” This is one part of our Commanding Officers Philosophy and I think it is very relevant to this month’s theme. So much has impacted us as a Team here this year and no doubt caused confusion, division and frustrations at home and even abroad. Whiskey remains strong and that is due to us being held firmly TOGETHER. A single strand of thread is nothing, but woven together with hundreds of others, it is strong. A single piece of sand is nothing, but when together, with millions of others, it creates a beautiful beach! So much of what we do here at the Role 3 is a team effort. Our Pharmacy, Lab, Radiology, Emergency Department, Operating Room, ICU, IT, Supply and our Admin staff have been performing phenomenally. The Team has truly showed up and the Chiefs have been impressed by the maturity, professionalism and PRIDE that we have witnessed on a daily basis.

Pride means so much to so many. This month is full of pride in various respects and every single person here should feel pride – every single person back home should have a sense of pride in your family member here and what they are doing.

Happy 122nd Birthday to the Navy Hospital Corps!

Happy Pride Month! Whether straight, gay, lesbian, bisexual, or transgender, LGBT Pride Month is a time for all Americans to come together in a show of support for this community and all they have contributed to the DoD.

Happy Father’s Day! To all our fathers back home, the fathers out here with us, and especially to those who are here waiting for new babies to be born back home!

Your pride means the world to us here, all of us. We are truly “Stronger Together” and I hope that you share the same pride in your family member that we do.

Thank you, as always, for remaining supportive, resilient, and proud! Chief and I remain ready to serve these Sailors and help you in any way that we can.

Very Respectfully,

Cameron Wink  
HMCS(FMF)  
Command Senior Enlisted Advisor



“Name’s Wink, Senior Chief Wink. I like my coffee blackened, not stirred. “

# AN EXECUTIVE TALE

By Captain Jeff Klinger, Executive Officer

Happy Birthday Hospital Corps! HM2 Rastall asked me to tell the story of how I began my career as a Corpsman, so here we go... My adventure started 27 years ago in 1992 when I was graduating from the University of Connecticut and hoping to do something fun. I had no interest in working in an office and the military was always in the back of my mind. There was a Marine recruiter (SSgt Riddick, I'm good with names) who got a hold of me my senior year in high school and wouldn't let go. "Dude I'm going to college, I'll call you in four years." So four years later and without a plan I walked into the Recruiting office in downtown Hartford. Before I left the house my dad told me, "Just don't sign anything, come home first."

I walked into this big atrium and the Marines were to my left, the Navy was in the back left, the Air Force was in the back right and the Army was directly right. All of the offices were full of people...except the Navy. I didn't want to wait around so I headed into the Navy office. Now, I had no idea there was a difference between Officer and Enlisted Recruiters and this was an Enlisted recruiting station. I knew you needed a college degree to be an Officer and I had one of those, so I opened with that line and the recruiter (Chief O'Brien, again with the names) countered with, "Well we're in a drawdown and only taking officers from the Academy and ROTC, but if you Enlist...look at all these commissioning programs!" OK, I said, I'll do it. I signed up. I asked about being a Corpsman and he said that was really tough to get, we'll see how you do on your ASVAB. So I said I like airplanes and thought I'd come in as some undesignated Airman. I took the ASVAB and the Recruiter said, "Oh yea, you can be a Corpsman, but try this math test to see if you can be a Nuke." I told him, "Even if I pass the test I ain't gonna be a Nuke." I didn't pass the test, so Boot Camp and Corps School it was.

My first duty station was Naval Hospital Oakland, CA where I worked in the ICU and later on, Same Day Surgery. I got orders to 3<sup>rd</sup> MarDiv in Okinawa, but at the same time, the School House CO in Oakland was looking for volunteers to go to OR Tech and PMT school there. Hey, more time in Oakland? I'm down. So I went to PMT school and then to the USS WASP (LHD 1) in Norfolk. I got CAP'd to HM2 and toward the end of my tour the XO told me to finish my Air Warfare pin and then he'd submit a package for commission. I'd already started a Master's Degree, so why not? A few months later I transferred to the clinic in Groton, CT fully intending



XO sporting some dungarees in his early days of the Navy

to get out, finish my Masters and get a job. My wife fully supported that plan, but when I found out I was selected her first reaction was, "So? You're still getting out right?" Then I found out I couldn't decline it, lol. I loved my 6+ years as a Corpsman. I did sick call on the WASP. Wrote diligent SOAP notes and then looked forward to the SMO bellowing my name as he co-signed everything I did. "Klinger! What the hell is your assessment of a Splinterectomy?" Here I am thinking this should be obvious, "Well Sir, I removed a splinter from his hand." I learned a ton and that's why I'm not afraid to offer my services to our Neurosurgeon, CDR Cooke, should he need my assistance in the OR.

HM2 Bernardez and XO playing enemy combatants during our training in Camp McGregor



I met a lot of cool people and have remained friends with many of them. I outlasted all of them in the Navy so I win right? I learned how to say bad words in Tagalog and got to see all of Europe on three Med Cruises. So Happy Birthday Corpsman. You guys rock. I'm proud to be here in Kandahar with you all.

...although sometimes I wonder where I'd be today if the Navy recruiting office was

full of people and the Army or Air Force office was empty that day...



**Meet the team: LT Michele Taylor, NC, USN**

Permanent Duty Station: NMRTC San Diego, CA  
 Role 3 MMU: Intensive Care Unit Nurse

LT Taylor has been a Nurse Corps Officer for the past five years. She has also been stationed at NMRTC Okinawa, and this deployment with the NATO Role 3 is her first. One thing that she enjoys about being an ICU nurse is the solitude of providing quality care to arguably the patients who need the most help. She also values the autonomy of her job, dynamic relationships with not only the patients in her care, but also the physicians on her medical team.

LT Taylor believes that there has been a seamless transition from what she expected to come on board to find at KAF in comparison to the daunting reality of forward deployed medicine in regards to COVID-19 management. One aspect she values heavily about this Role 3 deployment is the routine of life while so far from home. With minimal latitude to diverge from a set routine, LT Taylor feels that the best version of herself on the road to self-improvement can be obtained in Afghanistan while simultaneously executing the highest values of Navy Medicine.

Of the many goals she has on her list, one accomplishment she carries is the dramatic number of pull-ups she was able to perform with the help and coaching of fellow nurse LT Greg Downey. The experience of this deployment is an opportunity she is looking forward to sharing with her friends and family back home.

**Meet the team: LCDR Claudine Bansil, NC, USNR**

NOSC: Guam  
 Role 3 MMU: Intensive Care Unit Nurse

LCDR Bansil has been a nurse for 11 years and a Navy Reservist for 10 of those years. She started out as a



telemetry nurse, focusing on cardiac patients, primarily. She transferred to Intensive Care nursing because she wanted the challenge and wanted to grow. LCDR Bansil is the only person she knows in her family that is in the military, a fact she is very proud of.

She commissioned because she loves traveling and seeing new places. Her favorite two week stretch of Navy nursing was actually Camp Pendleton Naval Hospital.

Whiskey Rotation is LCDR Bansil's first mobilization to Afghanistan. She is excited to learn and experience all the different aspects of forward deployed medicine. After being in KAF for nearly seven weeks, she would determine that the transition from civilian nurse to a Navy nurse is the best part of being a reservist and serving the nation.

LCDR Bansil is not without sacrifice with this mobilization having to leave behind two year old twin boys. Facetime helps, but nothing compares to the snuggles and hugs that are missed. While on this deployment LCDR Bansil looks forward to aligning peace of mind with achieving big family goals in the near future.



### Meet the team: HM3 Audrie Lopez

Permanent Duty Station: NMRTC Okinawa, Japan  
Role 3 MMU: Patient Administration

Petty Officer Lopez has been an Active Duty Sailor for the past 4.5 years. Prior to her service in the Navy she was a working mother and loving wife of a Marine who just passed his 14th year of service as well. She was inspired to join the Navy because she was tired of jobs which only covered gas money and daycare. She thoroughly enjoys the job security and benefits such as tuition assistance for college. HM3 was the proud recipient of her Associates Degree this past December 2019.

Since coming to Afghanistan, she has hit the ground running, using her critically learned skills from NMRTC Okinawa to lead the pack of her peers in the never-ending patient administration cycles. What Petty Officer Lopez believes she will cherish the most from this deployment is the overall experience and learning different processes of Navy Medicine, especially what can be shared for either improvement or sustainment. The relationships forged from Whiskey rotation are those that are made to endure as well.

One goal that HM3 is passionate about completing is reading the personal library she brought with her. She is also treating this deployment as a mini-documentary by keeping a journal that highlights her encounters and favorite stories. Stories that she looks forward to one day sharing with her 7 year old daughter and husband of 9 years, who patiently await Mom's return.



### Meet the team: PS2 Robert Krombach

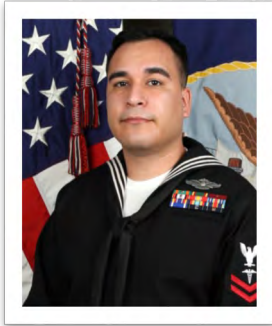
Permanent Duty Station: PSD Norfolk, VA  
Role 3 MMU: Personnel Officer

PS2 Krombach is the Personnel Officer at Role 3 MMU in Kandahar, Afghanistan. He is responsible for over 80 Sailors' pay issues and personnel records such as awards, administrative remarks and service record authenticity. Petty Officer Krombach is serving in a one of one billet, no one in the command has his level of insight, training and expertise with these issues and procedures. When not contacting any one of the staff's permanent duty station's Administrative Departments, PS2 also serves as a highly qualified career counselor, giving aid to reenlistments, SEAWAY quotas, officer packages and career development boards.

Petty Officer Krombach's journey to Afghanistan has not been a linear path, and this diversity has given credence to his over abundance of qualifications. He was a former Aviation Boatswain's Mate- Handler while serving on the USS Kitty Hawk (CV 63), and he separated to join the New York Army National Guard as a Forward Observer. Coming back to active duty Naval service in 2018, he has hit the ground running.

When not in the Middle East or at the office, PS2 enjoys spending time with his two kids and wife of eight years on the beach while sporting his flip flops. With water being a true passion of PS2, he hopes to one day reside in Florida after his many years in the service of his country, and adapting to everything that has happened along the way.

# PRIDE IN SERVICE



**By: HM2(FMF) Cesar Martinez  
NMRTC Camp Pendleton, CA**

*"Treat others as you would want to be treated" -Golden Rule.*

My name is Cesar Martinez, a Hospital Corpsman Second Class, Surgical Technologist from Pico Rivera, California. I joined the Navy in 2009 at the age of 18, because I lost my support system. I joined the Navy, knowing that it would provide me with food, water, and shelter and in the hope of obtaining an opportunity to finish nursing school. I remember going to the Navy's processing center and learning that Lesbian, Gay, Bi-Sexual, and Transgender (LGBT) people, were not allowed to be openly gay in the military due to a policy known as "Don't Ask, Don't Tell (DADT)." I was faced with an internal conflict of going back "in the closet" or doing what was necessary to support myself. I decided to lie to myself and join the Navy.

DADT was appealed on September 20, 2011. I was stationed at Walter Reed National Military Medical Center, Bethesda, MD. I remember taking the red line train down to Dupont Circle "the Gay Neighborhood," in Washington, DC that day and witnessing so much support from business, civilians, and military. Shortly after, many LGBT service members came out of hiding and it was overwhelming to learn that I was never alone. Soon, my LGBT friends were, getting married, receiving DOD benefits, and began having their own families. It was great to witness so much support from the country, policymakers, my Chain of Command, and my Shipmates.

In 2014, I deployed with Combat Logistic Battalion-7, Camp Leatherneck, Helmand Province, Afghanistan. There I had the opportunity to work with such a diverse group of LGBT members and supporters. We were the first to celebrate the DOD Pride Observance per Defense Equal Opportunity Management Institute (DEOMI) recommendations in Afghanistan. We had such a great team; my unit was my family. We had Marines sing the National Anthem. We had invocations with a British Chaplain, presentation of LGBT history, President Obama's Proclamation, guest speakers, and of course, cake. We had representation from the Army, Navy, Marine Corps, Air Force, and Coast Guard. It was such an honoring moment, to know that we genuinely had each other's back, no matter age, gender, national

origin, race, religious belief, or sexual orientation. An Army Brigadier General learned about the event and wrote the committee Flag Letters of Commendation.

June is the month of Pride Observance; it is a time when I reflect on the many friends that are not standing with me in the military due to DADT. It is a time to reflect on my Navy family who supported me throughout my career, my civilian friends who stood by me and the continuous opportunities I have had in the military.

Afghanistan has two meanings to me; it is where many have sacrificed their lives to combat terrorism and it is also the first time I observed military **PRIDE**.



What's a party without a giant PRIDE cake?!



HM2 Martinez celebrating PRIDE in Camp Leatherneck, Afghanistan in 2014.

# MOTIVATOR OF THE MONTH

## HM3 JAMES WRITER

### EMERGENCY DEPT. CORPSMAN

The Red team is lucky to have a corpsman that takes pride in his work and is always motivated to go the extra mile. He has reorganized the Emergency Department, ordered supplies in record time, worked daily to ensure smooth transition of our team, and gone above and beyond without ever losing the smile on his face. He is an inspiration to those around him and is always willing to ask questions and learn new things. In the Emergency Department you rarely find HM3 Writer relaxing. He is running between projects he finds for himself or signs up to complete without a second thought. I have never heard him complain or lose his spark. He deserves to be honored as motivator of the month.

- LT Sam Reeder

He was instrumental in assisting with an emergency blood component transfusion in the O.R. one evening when we did the percutaneous vascular case for the hepatic artery embolism.

- LT Ben Wilcox



**Has graciously taken on assignments and becoming a new and active member of the PAO shop since McGregor. He has brought his talents willingly and without hesitation. He continues that pride and motivation in his work in the Role 3. Not only is he going above and beyond his job description, he brings to work a positive, humble and healthy attitude. He constantly looks for ways to improve the ED and to improve on his own personal skills. He has volunteered to be part of the COVID Response Team. This means he can be called back to the Role 3 at any time and at any time of the day. Nothing seems to let him down or slow him down. His strive for personal development is contagious. Soon others will follow him. He is definitely a silent professional.**

- LT Simon Prado

HM3 Writer demonstrated the highest standard of professionalism, integrity, and dedication. As an Emergency Department Trauma Team Red Corpsman, he played an integral role in the triage and emergency care of 9 critical patients and assisted with life saving interventions for two Category Alpha patients. As a member of the COVID Rapid Response Team, he participated in one COVID code and assisted with the creation of one personal protection "Grab Bag" and one critical airway treatment bag that ultimately decreased staff preparation and patient wait time by 90%. HM3 Writer has consistently contributed to the command mission at every turn. He is undoubtedly committed to the strength and success of Role III Whiskey.

- HM2 Christopher Parchmon



## CHANGE OF COMMAND

On a beautiful Afghan morning on May 22nd, 2020, the NATO Role 3 Multinational Medical Unit changed capable hands from Captain Cubano to our Whiskey leader, Captain Merrick. The ceremony was conducted in the ambulance bay just outside the Emergency Department, the only shade that one can come by in large quantities. Due to COVID and our new social distancing norms, only a small percentage of each command were able to attend, but everyone made sure to show up for the delicious kabobs and GIANT cake post-ceremony, with masks in place.

There was a definite collective sigh of relief as the Victor crew passed the reigns into Whiskey hands, having spent two months longer than anticipated here in country. CAPT Merrick stated in her remarks, "I can assure you with the utmost confidence that Whiskey Rotation is healthy, is eager and is ready to assume responsibility for this historic facility that Victor Rotation has undoubtedly left in better condition than what they started with. And I promise you, Whiskey Rotation will carry on the proud NATO tradition of Best Care Anywhere."

Also in attendance was the soon-to-be outgoing base commander, Colonel(P) Bredenkamp who remarked on the determination of Victor Rotation during the onset of COVID and the confidence he has in Whiskey carrying their legacy forward.





# The Hospital Corpsman

By: HM2(SW/AW) C.W. Rastall & HM2(FMF) Caleb Ellis



The Hospital Corps is the cornerstone of Navy medicine. Since its inception on June 17th, 1898, Hospital Corpsmen have responded to the desperate cries of their brothers and sisters in arms, whether it be on the battlefield, in medical treatment facilities, or aboard our warships.

Hospital Corpsmen, or “Docs,” are the most decorated rating in the Department of the Navy. The Hospital Corps’ legacy includes 23 Medals of Honor, 174 Navy Crosses, 31 Distinguished Service Crosses, 946 Silver Stars and 1,582 Bronze Stars. The namesakes of 20 US Navy warships also belong to Hospital Corpsmen.

This versatile rate is present on every platform whether it be on the flight lines, with the Marines, aboard ships, in the deserts, or in submarines, and each Corpsman has sworn a Pledge to give care whenever it is needed.

Corpsmen have accompanied Marines across the globe rendering lifesaving care during battles in Tripoli, Saipan, Guadalcanal, Korea, Vietnam, Somalia, Iraq and Afghanistan as well as caring for Sailor on ships on all seven seas.

One of the most notable Docs of legend was Pharmacist’s Mate Second Class John H. Bradley, who assisted in the second flag-raising on Mount Suribachi at Iwo Jima. Doc Bradley’s son, James, went on to write “Flags of our Fathers” which chronicled the heroism of his father and the five Marines he fought alongside. The pantheon of Corpsmen is rich in history from the first Medal of Honor recipient Robert Stanley to the 11th Master Chief Petty Officer of the Navy Joe Campa.

It is true that many courageous Marines would not be alive today without the bravery and valor of so many Hospital Corpsmen coming to their aid when they needed it most. Their bravery is renowned – out of every 100 servicemen wounded in World War II, 97 recovered due to the Hospital Corps’ diverse training and quick call to action. Marines throughout the last century have come to know the Hospital Corps’ most fervent calls, “Corpsmen Up!”

Throughout history, the legacy of the Hospital Corps has been carried like a torch in the darkness, bringing hope into the most hopeless situations in the most austere environments. Regardless of whether you are in a ward ashore or a ship afloat or in the midst of a bullet-swept battlefield, rest assured that there will always be a member of the Hospital Corps waiting for your moment of need; waiting to respond to the desperate cry of “Doc!”

The streets of Heaven are less crowded because of the Hospital Corpsman, and we at Whiskey rotation shall celebrate their birthday this 17th of June at 1600 in the ambulance bay of the Role 3 Hospital.





# INCOMING!!!



## WHISKEY BABIES

June is the month that we celebrate all the fathers out there and we are happy to announce that we have some future Navy watch standers on the way! Whiskey has a whopping FIVE expectant fathers this deployment. We are all incredibly excited to support and celebrate these Dads this month and in the upcoming months as the little ones arrive.

For some, this is a first time experience, while others are already pros at Dad Life. HM2 Slagle is first on the baby roll out. He and his wife, Kellsea, will be welcoming a baby girl in August and he couldn't be



Baby Slagle's ultrasound

more thrilled. He is most excited to hold the baby and hug his wife when he gets home, and also sleep in his own bed. Little does he know there won't be much sleep happening.

LT Warner has two boys back home and is expecting his third child. Whiskey held a gender reveal party last month which included some non-alcoholic bubbly, pink and blue cupcakes, and a giant box-out of

which jumped HM2 Bernardez decked out in all pink. LT Warner got to reveal the big surprise with his wife, Brittany, and his two younger boys back home while on video chat. Everyone is excited for the little sister on the way!



HM2 Bernardez with LT Warner at the baby reveal!

Another Sailor that's expecting is HM2 Drumheller. This is a special time for



Baby Drumheller's ultrasound

HM2 because they found out they were expecting after he had already left home and he's excited to be having a little boy. He says "Secretly every man wants a son." He regrets that he is not able to be home to take care of his wife, but he continues to be the glue of the family so many miles away.

Chief AT is expecting his second daughter this fall. He and his wife of 12 years, Rochelle, have a seven year old daughter, Roslyn. He says when he had his first daughter that "it really didn't hit him until two weeks after, that's when he really felt like a dad." He misses being home for the important milestones, but he knows he has a job to do and he is proud to be here with Whiskey Rotation.



Big Sister Roslyn patiently waiting

Our very own public affairs LPO, HM2 Rastall, is expecting baby #3, a third boy. He says he had trouble finding a second boy name, let alone a third, and is considering any suggestions. His wife, Saori, is holding it all together in Japan and can't wait for him to meet the new addition when he gets back home safely.



Baby Rastall's ultrasound



Baby Chief AT's ultrasound

Happy Fathers Day to all the military dads out there who are serving their country and families with pride and to all the fathers on the home front that are taking care of business while their spouses are thousands of miles away. We are all so lucky to have you!!



HN Valdez received the Army Achievement Medal for her work with the walking blood bank, congrats!!



LCDR Edwards with our favorite mini patient



LT Taylor and her new bike helmet



HM3 Lopez human dog toy



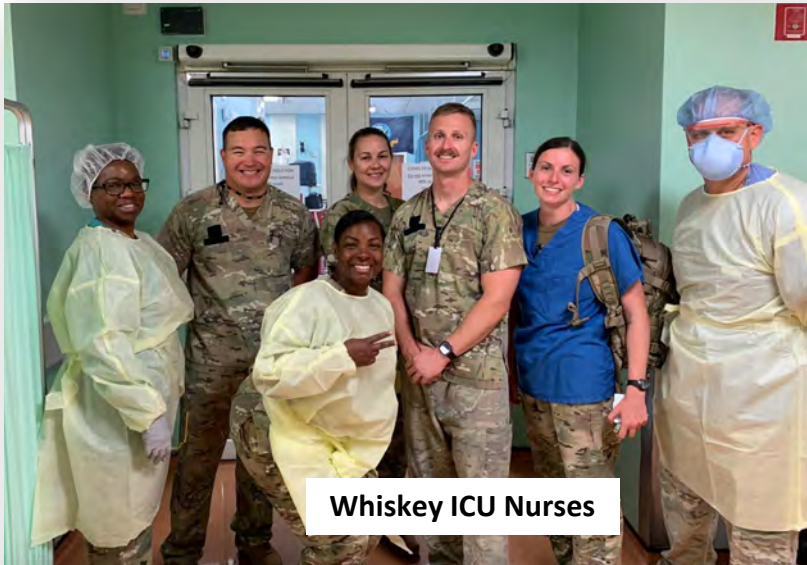
PS2 Krombach, HMCS Wink and HM1 Woolen during our first Mass Casualty Drill



Always trying to find a dog to steal.



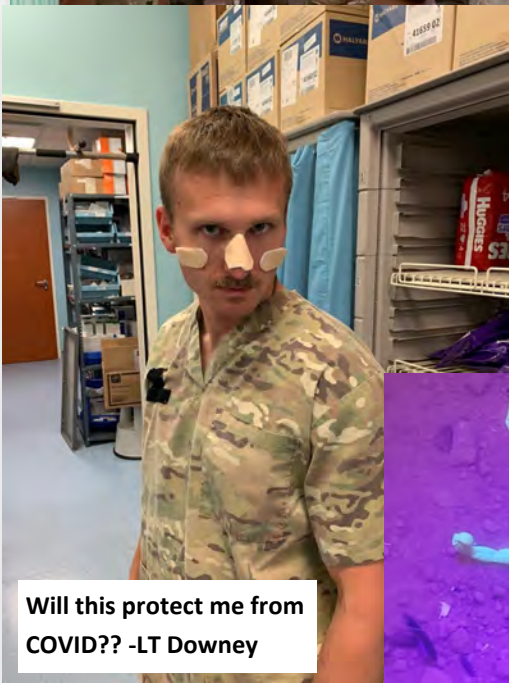
Our amazing OR Nurses and Surg Techs



**Whiskey ICU Nurses**



**HN Dreadin on Duty!!!**



**Will this protect me from COVID?? -LT Downey**



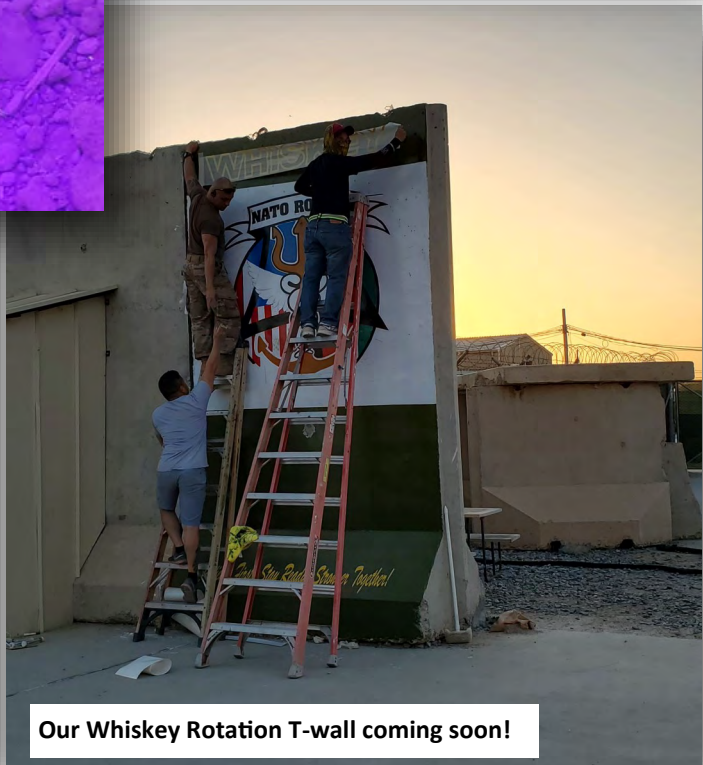
**Kandahar Cigar Club**



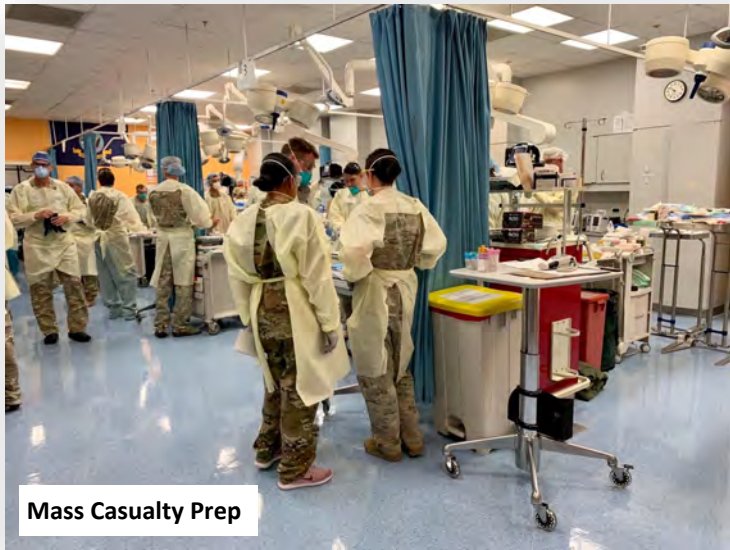
**Friendly KAF Scorpion**



**HM2 Rodriguez multitasking**



**Our Whiskey Rotation T-wall coming soon!**



Mass Casualty Prep



Doing work on our SWOLE 3 gym...or just flexing???



Very average mail day for LTJG Kidd



Possibly photoshopped action shot of HM1 Kubil aka "LaBrawny James"



Have a fine Navy day. -HM2 Parchmon